

### **ABSTRACT OF THE DISCLOSURE**

An encapsulated weight system for resistance training comprising a first dumbbell having a center portion with a borehole disposed axially therein forming an interior load area. The first dumbbell further comprises at least a first end cap arranged and configured to releasably engage opposing ends of the center portion, thereby covering the interior load area. At least one weight capsule is arranged and configured to substantially correspond to at least a portion of the interior load area. The weight capsule can be alternately added and removed from the interior load area of the first dumbbell to alternately increase and decrease weight of said first dumbbell. The first dumbbell and the second dumbbell can be joined by a barbell adapter disposed therebetween.

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